

5 supplements that **Prevent skin aging!**

Woman's World

God Bless America

A great week made easy!



Happy Mother's Day!



So easy kids can make it!

Copy **TRISTA's**

'lose the baby weight' tricks

GET 20 lbs SLIMMER by summer!

Happiness tricks you need right now... especially if you're in your 30s or 40s!

- ✓ End sugar cravings
- ✓ Block fat-storage hormones
- ✓ Melt 5% more belly fat
- ✓ Lose up to 12.5 lbs a week

Beat bloating!

Lose 5 lbs of water weight in 72 hours!

GET CHEAPER GAS PRICES

just by using this secret fill-up trick!



Discover the *rose* cure for **PMS and stress!**

Gorgeous eyes!

Breakthrough tricks that erase wrinkles, dark circles and puffiness!



Desserts you love as a kid now even yummier

Copy Trista's 'lose the baby weight' tricks and Get 20 lbs slimmer

- ✓ End sugar cravings!
- ✓ Block fat-storage hormones!
- ✓ Melt 5% more belly fat!
- ✓ Lose up to 12.5 lbs a week!



Down 30 pounds, "I have so much more energy for my family now," says Trista, who has been inspired by son Max, nine months, to design diaper bags for www.tristababy.com.

Lead photos: Bo Bridges. Hair and Makeup: Pam Grieve; Carlissa Passarella. Stylist: Stephanie Promer. Other photos: The Neal Peters Collection; ABC/Everett Collection; courtesy of Trista Sutter; iStockphoto; Creative Imagery/Stockfood; Joy Skipper/Getty Images; HBB (4).

When readers tested Trista's secrets, they lost up to 12.5 pounds in a single week. Now it's your turn to start losing!

Six years ago, everyone cheered when Trista Sutter met her future husband, Ryan, on ABC's *The Bachelorette*. Now it's time to cheer again. Why? First, Trista's a new mom to son Max, 9 months. Next—to spread her happy ending around—she's about to spill the secrets that helped her drop 30 pounds of pregnancy weight with ease. Secrets so effective, readers who tested 'em whisked off up to 12.5 pounds in a week. Wow! "I think anyone can do it," smiles Trista, 35.

Trista's get-slim gifts

After developing gestational diabetes, Trista soon began learning tricks that would help her slim down post-baby. "Her approach is a healthy way for anyone to lose weight and improve overall health," promises wellness trainer Brock Fetch, who works with Trista near her Vail, Colorado, home. Try her strategies for yourself, and here's what you'll get:

• Less fat storage!

"With the gestational diabetes, I learned how to control my blood sugar better. I try to start meals with protein and then balance it with a carb," says Trista. This slows how fast carbs are converted

"Putting on my skinny jeans makes me a happy person," says Trista, who has used her tricks on the pages to slim down 2-3 sizes. "I feel great!"



to blood sugar, reducing production of fat-storing hormones, explains University of Alabama's Jamy Ard, who reviewed Trista's plan for us. Blood sugar stays steady. Steady blood sugar helps reduce sugar cravings, while extra protein keeps you full from losing metabolism-boosting muscle.

• Hunger-fighting flab prevention!

"I know I'll be influencing the way Max eats, and I want him to like fruit and vegetables more than I do. So I've made an effort to increase my intake," admits Trista. That's great for Max and her weight line. Research has shown that an antioxidant called anthocyanin, found in dark plants—like black beans, beets and berries—reduces appetite and fat accumulation. In one study, animals given the antioxidant ate 8% less food; in another, they ended up weighing about 40% less than animals who got no anthocyanin. Plus, fiber-rich fruits and vegetables kill hunger with far fewer calories. "They're just an amazing choice for dieters," says Dr. Ard.

• Belly-flattening boost!

Looking for a way to help her body firm up flabby abs again, Trista got the

Trista's fairytale journey



2003
As ABC's first-ever *Bachelorette* star in January 2003, Trista Rehn fell for Ryan Sutter on the air; he proposed and she accepted.



2003
"Ryan is always super-supportive of me," says Trista, whose televised wedding was watched by millions in December 2003.



2007
Glowing in her June 2007 baby shower, "being a mom is the best feeling ever," Trista says.

***Be extra-safe!** Many experts do not recommend fatty acid supplements for pregnant or nursing women. Always get a doctor's okay to try any new supplement, especially if you're pregnant/nursing.

er by summer!

ahead from her doctor to try a supplement with fish oil and other fatty acids.* How did it help? According to researchers, the type of omega-3 fatty acids in fish are activated by exercise, and begin triggering enzymes that lower body fat, especially in our midsections. An Australian study found that folks who took a 2 g. dose of fish oil before workouts lost 5% more belly fat than those who didn't. Trista used Revolution Abdominal Cuts (\$45 at www.gnc.com); less expensive fish oil supplements will also do the trick.

400% more flab loss!

During thrice-weekly workouts, "I would mostly go back and forth between the treadmill and whatever strength-training exercise Brock had me doing," reveals Trista. Called interval training, "it's the best way

Walk off the most weight!

To get in on the mega-fat-blasting power of Trista's workouts, simply apply the "interval" principle to an ordinary walk. Alternate between two minutes at a fairly easy pace and then one

minute at a very brisk pace. For bonus toning, tighten your abdominal muscles during the brisk portions of your walk. Researchers say you'll see results from as little as three 20-minute sessions a week!



for a person to lose weight in a limited amount of time," says Fetch. "It's the most efficient way to burn stored fat as fuel during exercise." One research team recently discovered that women who did three 20-minute Trista-style workouts a week lost 400% more weight than women who worked out twice as long but without intervals.

"Not only does Trista look amazing," says Fetch, "but she is the healthiest she's ever been." And she's not the only one. Philadelphia mom Darla Taylor tried the "Trista Diet" on these pages, and dropped nearly two pounds per day. "I can't remember the last time I felt this great!" she says. Hey, even if you only lose half as much as Darla, you can still be 20 pounds slimmer by Memorial Day. So we say: Go for it!

Trista's menus will trim you!

Trista helped our nutrition team create this easy mix-and-match eating plan based on what worked best for her. The calorie count—which averages 1,500 a day—has been tweaked for women who aren't breastfeeding. (Read labels and add an extra 500 per day if you are nursing.) Drink plenty of water and add low-cal extras (spices, mustard, Splenda) in moderation. As always, get a doctor's okay to try any new plan.



Breakfast choose one daily

- | | |
|------------------------------------|---|
| 1 cup whole-grain cereal | 2 (4") whole-wheat pancakes, 2 tsp. syrup, 2 Tbs. low-fat granola |
| 1 cup fat-free milk | 1 piece fruit |
| 1/2 cup blueberries | |
| 1 large piece Ryan's Banana Bread* | |



Lunch choose one daily

- | | |
|---|--|
| Grilled cheese: 2 slices American cheese, 2 slices whole-wheat bread, cooking spray | 1 1/2 oz. turkey breast, 2 slices whole-grain bread, 3 tomato slices, 2 tsp. lite mayo |
| 1 1/2 cups low-fat vegetable soup | 2 cups mixed salad, 2 Tbs. fat-free vinaigrette |
| 1 piece fruit | 1 piece fruit |
| 1 cup lite yogurt mixed with 1/2 cup each granola and berries | 2 Oreos |
| 3 oz. canned tuna, 1 Tbs. lite mayo, 3 whole-grain crackers, 1 oz. Cheddar cheese | |
| 3 (4") celery sticks | |
| 3/4 cup red grapes | |



*Ryan's Banana Bread

Blend 2 cups organic sugar, 1 cup organic shortening, 6 organic bananas and 4 organic, cage-free eggs in bowl. Stir 2 1/2 cups organic flour, 1 tsp. salt, 1 1/2 tsp. baking soda and add them to the sugar mixture. Pour into two greased and floured loaf pans and bake at 350°F for 50-60 minutes, or until a toothpick inserted into bread comes out clean. Makes 16 large pieces.

Dinner choose one daily

- | | |
|---|---|
| 3 oz. hamburger, 1 oz. cheese, 1 whole-grain bun, 1 tsp. each ketchup and mustard, 2 slices each lettuce and tomato | lettuce, 2 Tbs. fat-free vinaigrette |
| 2 cups steamed carrots or asparagus | 3 1/2 oz. grilled chicken breast |
| 1 1/2 cups turkey chili with beans (canned or any low-fat recipe) | 1 1/2 cups steamed broccoli or green beans, 2 tsp. sliced almonds |
| 1 baked potato, 2 Tbs. fat-free sour cream | 3/4 cup mashed sweet potatoes |

- | | |
|---|--|
| 2 chicken soft tacos, 2 Tbs. chunky salsa | |
| 2 cups mixed | |



200-calorie snack choose one daily

- | | |
|--|--|
| 11 oz. can Slim-Fast shake | |
| 1/3 cup trail mix or almonds/nuts mixed with dried fruit | |
| 1 apple, 1 1/2 Tbs. peanut butter | |
| 1 cup grapes, 1 oz. cheese | |

100-calorie snack choose one daily

- | | |
|--|--|
| 6 Nestlé Crunch Dibs | |
| 1 oz. yogurt-covered raisins or dried cherries | |
| 1 energy bar (up to 110 calories) | |
| 1 3/4 cups strawberries, 3 Tbs. Cool Whip Lite | |

